

**Grade 1 CURRICULUM MAP  
CONTENT: PE**

<b>Q1</b>	<b>CORE CONTENT</b>	<b>PROCESS SKILLS/ ACTIVITIES</b>	<b>L/O</b>	<b>INTEGRATION</b>	<b>EVALUATION</b>	<b>TECHNOLOGY COMPONENT</b>
<b>2-4 days</b>	Intro. Rules Fitness games Team building	*Candy land/*Finding partners *Space ship tag *Builders/bulldozer *Five touches/*back to back *Personal space movement *Happy clam	20A1 20A4 19A1 19A2 19B1 19C1 19C2			
<b>4-8 days</b>	*Incorporate fitness testing among kicking and throwing	1 mile/pacer – choose 1 or both Push-ups/Curl-ups Shoulder stretch sit-reach Trunk lift, choose at least 1  *Kicking skills/step to side & kick *Passing – side of shoe *Trapping/*Sharks/Minnows *Bandits/*Dribbling *Shooting a goal *Dribbling 500/*Partner skills *Dot stops/*Clean out backyard	20A1 20A2 20A3 20A4 20C3 20C4  19A1 19A2 19A3 19B1 19C1 19C2 19C4 21B1 21B2			
<b>4-8 days</b>	*Throwing	*Toss underhand- tic-tac-toe Lily pad toss-bucket toss-arch toss-catching animals *Throw over-hand-clean out backyard - Oscar's garbage can-reinforce sideways stance, airplane arms, step in opposition	19A1 19A2 19A3 19B1 19C1 19C2 19C4 21B1 21B2			

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<b>Q1/Q2</b>	<b>CORE CONTENT</b>	<b>PROCESS SKILLS/ ACTIVITIES</b>	<b>L/O</b>	<b>INTEGRATION</b>	<b>EVALUATION</b>	<b>TECHNOLOGY COMPONENT</b>
<b>Q1</b>						
<b>4-8 days</b>	*Circulatory system	*Traveling through circulatory system *Veins/arteries *Circulation *Mystery hoops *Jogging through circulatory system heart disease risk factor tag	19A1,19A2 19B1,19C3 20B2,20C2 20C3,22B1 23A1,23B1 23B2,23B3 23B4,24A1 24B1			
<b>2-4 days</b>	*Juggling	1 scarf, 2 scarf, applesauce crisscross, 3 scarf	19A1,19A2 19B1,19C1-3,21B1,2			
<b>Q2</b>						
<b>6-8 days</b>	*Educational gymnastics	Balance beam, animal walks, Locomotor movements, transfer wt.-rolling, balance, Body pt.s, bridge, balancing objects	19A1,19A2 19A4,19A6 19B1,19C1 19C3,19C4			
<b>2-4 days</b>	*Games from other countries	2 noses from Luxemborg, band ball from Belguim, Catch your tail from Nigeria, throwing sevens from colonial North America	19A1,19A2 19A3,19A4 19A6,19A7 19B1,2 19C1,19C4			

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<b>Q3/Q4</b>	<b>CORE CONTENT</b>	<b>PROCESS SKILLS/ ACTIVITIES</b>	<b>L/O</b>	<b>INTEGRATION</b>	<b>EVALUATION</b>	<b>TECHNOLOGY COMPONENT</b>
<b>Q3 4-8 Days</b>	Nutrition	Building Food Pyramid Food Group Runners Muscle Food Groups Food Group Craze	19A1, 212B1 21B2, 22B2 23C2, 22B1			
<b>6-8 Days</b>	Jump Rope JRFH	Blue Bells Cold Start Front Door Entry/Exit Back Door Entry/Exit	19A1, 19A2 19B1, 19C4 20A1, 20A2 21B1, 21B2			
<b>6-8 Days</b>	Basketball Skills	Ball handling/Dribbling Monster in Forest Ring of Fire Partner Mirroring/Bandit	19A1, 19A2 19A3, 19C1 19C2, 21B1 21B2			
<b>Q4 2-4 Days</b>	Parachute	Ripples/Waves Umbrella/Mushroom Outside/Inside Crossing under Giant Rowdy Spider Merry-Go-Round Popcorn	19A1, 19A5 19A7, 21B1 21B2			
<b>2-4 Days</b>	Cup stacking	3 stack, 3-3 stack, 3-3-3 stack	19A1, 19A2 19A7			
<b>4-6 Days</b>	Dance	Dip Special Little Liza Jane Ve David	19A1, 19A2 20C1, 21B2 19A5, 19C3			
<b>6-10 Days</b>	Muscles Fitness Testing	Musical Hula Hoops Muscular System Muscle Candy land	19A1, 19A2 19C1, 19C2 20A1, 20A2 20A3			
<b>2-4 Days</b>	Fitness Activities – Stations					
<b>1 Day</b>	Field Day					

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DECEMBER	CORE CONTENT	PROCESS SKILLS/ ACTIVITIES	L/O	INTEGRATION	EVALUATION	TECHNOLOGY COMPONENT

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JANUARY	CORE CONTENT	PROCESS SKILLS/ ACTIVITIES	L/O	INTEGRATION	EVALUATION	TECHNOLOGY COMPONENT

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FEBRUARY	CORE CONTENT	PROCESS SKILLS/ ACTIVITIES	L/O	INTEGRATION	EVALUATION	TECHNOLOGY COMPONENT

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MARCH	CORE CONTENT	PROCESS SKILLS/ ACTIVITIES	L/O	INTEGRATION	EVALUATION	TECHNOLOGY COMPONENT

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APRIL	CORE CONTENT	PROCESS SKILLS/ ACTIVITIES	L/O	INTEGRATION	EVALUATION	TECHNOLOGY COMPONENT

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MAY	CORE CONTENT	PROCESS SKILLS/ ACTIVITIES	L/O	INTEGRATION	EVALUATION	TECHNOLOGY COMPONENT